Heart of Midlothian

Amateur Swimming Club

**

Xcite Leisure Centre,

Bathgate

 Sunday 24th February 2019

**L2/ED/034/FEB19**

**Heart of Midlothian

Amateur Swimming Club

*invite you to their 4th*

**SNAGs LAST CHANCE**

 **AGE GROUP MEET**

(Under S.A.S.A. Laws and Licence Number **L2/ED/034/FEB19**

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**General Information**

*Date*: Sunday 24th February 2019

*Venue*: Xcite Leisure Centre, Torphichen Road, Bathgate EH48 4LA

*Pool*: 6 lane 25 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria; swim shop.

*Time*:  **Girls warm-up Boys warm-up Start Finish**

 09:00 - 09:25 09:25- 09:50 10:00 13:00

 13:55 - 14:20 13:30 - 13:55 14:30 17:30

*Ages*: As at 31st December 2019

*Age groups*: 11-13, 14, 15, 16/over

*Events*: 100m all strokes,

200m all strokes, 200 IM

400m Freestyle, 400m IM Both 400 events are mixed gender

*Entry Fees*: £6.00 per individual event

*Coaches Pack*: covers: meet programme, and sweets poolside.

*Coaches Meal*: £8.00 - must be booked using the summary sheet provided

*Awards*: Individual events - medals to 1-2-3 in each age group

*Officials*: Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day to enable the meet to be accredited. It would be appreciated if each club attending could provide at least one timekeeper per session.

*Water bottles We would welcome officials and coaches bringing a refillable water bottle to reduce the use of plastic bottles which will be filled during the sessions by our poolside helpers.*

*Closing date for entries*: N**oon Wednesday 23rd January 2019**

*Hy-Tek entry files can be obtained on Scottish Swimming web page*

 *http://www.swimscotland.co.uk/:*

**Specific Information**

**Meet Rules**

* The meet shall be held under S.A.S.A. Rules.
* Ages as at 31st December 2019.
* All swimmers of Scottish clubs / teams must have a current S.A.S.A. registration number.
* All swimmers of non-Scottish clubs / teams must be registered with their governing body.
* The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
* Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
* Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.
* No person may for commercial purposes take photographs or use any video recording equipment inside events without the written consent of the meet convenor. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with Scottish Swimming Guidelines with regard to video recording and zoom photography.
* Should you wish to use your mobile phone for photographic purposes on poolside the procedure above must be followed.
* No flash photography permitted at any time within the competition pool hall Signed forms must be used to allow use of photographic/video equipment.
* In order to control digital photographs, mobile phones may not be used in the changing areas, toilet or shower areas
* Swimmers must act on the instructions given by meet officials and behave in a reasonable manner at all times.
* It is the responsibility of each club / team to ensure that their swimmers are aware of the meet rules and guidelines.
* Heart of Midlothian A.S.C. reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

**Entries and Events**

* Closing date for entries is **Noon Wednesday 23rd January 2019.** Late entries will not be accepted.
* All times must be no faster than the consideration times for ages 11-13,14,15 and 16+ per the times shown for SNAGs converted to the equivalent short course times which are included in the meet information at the end of the entry file request. **Please note that the entry times have been calculated to be close to what may be required to achieve for a SNAGs consideration time and should not be taken as a definite time for SNAGs.** **Please note that priority will be given to those who are closer to potentially achieving a SNAGS time.**
* All entries must be made by Hy-Tek entry files
* Start sheets will be issued.
* Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.
* The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. ***Entries will be accepted on the consideration times supplied there are no guaranteed acceptances***. Clubs / teams should ensure entry times are accurate. Rejected entries will be refunded in full.
* Over the top starts may be used at the discretion of the promoters in order to facilitate the smooth running of the meet.
* Where possible the accepted entries for each age group will be equal, but if an age group is under subscribed the organising committee reserves the right to include additional entries from other age groups.
* Both 400m events are mixed gender and in the event of oversubscribed entries, they will be allocated equally between male and female entries
* All events are Heat Declared Winner and will be swum with all age groups combined and swimmers seeded by entry times.
* Swimmers must report to the competitor stewards in the designated marshalling area at least four heats in advance.
* If the payment is by BACS, please use your club name in the reference field.

**Costs**

Entry fees: £6.00 per individual event

Coaches’ meals: £8.00

Other costs: All day spectator entry: £3.00

 Per session spectator entry: £2.00

Under 16’s: FREE

Meet Programme: £2.00

**Warm-up and Session Times**

**Girls warm-up Boys warm-up Start Finish**

 09:00 - 09:25 09:25- 09:50 10:00 13:00

 13:55 - 14:20 13:30 - 13:55 14:30 17:30

* The warm-ups may be changed to 3 sessions of 17 minutes depending on entry levels.
* There will be no diving allowed in warm-ups other than those in controlled sprint lanes.
* Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
* Sprint lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on backstroke or push-start swimmers.
* Lanes 1, 3 and 5 are to be swum in a clockwise direction and Lanes 2, 4 and 6 swum in an anti-clockwise direction.

**Awards**

*Individual events*: Medals awarded to swimmers placing 1st, 2nd and 3rd in each individual age group (11-13, 14, 15, 16/over). There will be no presentation ceremonies and medal winners will be able to collect their medals from the Table poolside.

**Miscellaneous**

* This is a Level 2 Licensed Meet: Licence NumberL2/ED/034/FEB19. Accreditation will be applied for.
* Xcite Leisure Centre has a cafeteria and refreshment vending machines.
* The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
* Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
* Neither Heart of Midlothian ASC nor Xcite Leisure Centre can be held responsible for loss or damage to swimmer’s, team staff or spectator’s property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
* Swimmers out with the poolside must wear dry clothing and footwear at all times.
* Outdoor footwear must not be worn on the poolside area.
* Swimmers must adhere to the rules regarding the warm up arrangements
* Anything not covered above and not printed in the event programme will be at the promoter’s discretion.
* Heart of Midlothian A.S.C. reserve the right to vary the above conditions as necessary.
* A Tombola and Raffle will be held during the sessions.

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**SNAGs LAST CHANCE AGE GROUP MEET**

**Programme of Events – Session 1**

|  |  |
| --- | --- |
| **#** | **EVENT** |
|  |  |
| 101 | Mixed 11 years / over 400 Freestyle  |
| 102 | Girls 11 years / over 100 Backstroke |
| 103 | Boys 11 years / over 100 Freestyle |
| 104 | Girls 11 years / over 100 Fly |
| 105 | Boys 11 years / over 200 Fly |
| 106 | Girls 11 years / over 100 Breaststroke |
| 107 | Boys 11 years / over 200 Backstroke |
| 108 | Girls 11 years / over 200 Freestyle |
| 109 | Boys 11 years / over 200 Breaststroke |
| 110 | Girls 11 years / over 200 IM |

**Programme of Events – Session 2**

|  |  |
| --- | --- |
| **#** | **EVENT** |
|  |  |
| 201 | Mixed 11 years / over 400 IM |
| 202 | Boys 11 years / over 100 Backstroke |
| 203 | Girls 11 years / over 100 Freestyle |
| 204 | Boys 11 years / over 100 Fly |
| 205 | Girls 11 years / over 200 Fly |
| 206 | Boys 11 years / over 100 Breaststroke |
| 207 | Girls 11 years / over 200 Backstroke |
| 208 | Boys 11 years / over 200 Freestyle |
| 209 | Girls 11 years / over 200 Breaststroke |
| 210 | Boys 11 years / over 200 IM |

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 **AGE GROUP MEET**

**Sunday 24th February 2019**

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

 Signed: ..............................................

 Position in club: ..............................................

 On behalf of: .............................................. (Name of club)

Return this form with entries no later than

**Noon Wednesday 23rd January 2019** to:

**Susan Liddle**

**9 Rullion Road**

**Penicuik**

**EH26 9HS**

**e-mail: susan.liddle@googlemail.com**

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**Sunday 24th February 2019**

**Summary Entry Form**

*## This form must be completed and returned with any entries. ##*

 Club Name: ......................................... Contact Name: ................................................

 Club Code: .................... Address: ..................................................

 ..................................................

 ..................................................

 ..................................................

 Telephone: ..................................................

 Fax: ..................................................

Total Female Entries: ….. @ £6.00 each: £..........

 Total Male Entries .….. @ £6.00 each: £..........

Number of Coaches Meals: …… @ £8.00 each: £..........

 Total Amount Enclosed: £.......... ( or by BACS)

Signed: ....................................………….

Position in club: ......................................

Please make cheques payable to:**HMASC or by BACS to** Hearts Amateur Swimming Club, Account No. 00273523, sort code 80-02-83.

Cheque enclosed BACs payment being made

Return this form with appropriate cheque no later than

**Noon Wednesday 23rd January 2019** to:

**Susan Liddle**

**9 Rullion Road**

**Penicuik**

**EH26 9HS**

**e-mail:** **susan.liddle@googlemail.com**

**Please note that the entry times have been calculated to be close to what may be required to achieve for a SNAGs consideration time and should not be taken as a definite time for SNAGs**

**MALE ENTRY TIMES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Age** |  | **11 to 13** | **14** | **15** | **16 and over** |
| **Event** |  |  |  |  |  |  |
| 100m Freestyle  |  |  | 01:06.0 | 01:01.6 | 00:57.8 | 00:54.4 |
| 200m Freestyle  |  |  | 02:23.1 | 02:13.6 | 02:06.9 | 01:58.1 |
| 400m Freestyle  |  |  | 05:04.1 | 04:45.1 | 04:27.8 | 04:14.1 |
| 100m Backstroke  |  |  | 01:17.3 | 01:12.4 | 01:06.4 | 01:02.6 |
| 200m Backstroke  |  |  | 02:44.2 | 02:34.2 | 02:25.8 | 02:18.0 |
| 100m Breaststroke |  |  | 01:27.8 | 01:22.4 | 01:16.1 | 01:10.2 |
| 200m Breaststroke |  |  | 03:07.8 | 02:54.5 | 02:42.4 | 02:34.4 |
| 100m Butterfly  |  |  | 01:18.3 | 01:12.5 | 01:05.8 | 01:00.7 |
| 200m Butterfly |  |  | 02:59.6 | 02:40.1 | 02:32.1 | 02:16.7 |
| 200m I.M.  |  |  | 02:42.3 | 02:31.6 | 02:26.7 | 02:16.4 |
| 400m I.M.  |  |  | 05:52.9 | 05:24.2 | 05:11.3 | 04:48.7 |

**FEMALE ENTRY TIMES – Conditions per Male entry time comments above**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Age** |  | **11 to 13** | **14** | **15** | **16 and over** |
| **Event** |  |  |  |  |  |  |
| 100m Freestyle  |  |  | 01:05.7 | 01:04,1 | 01:02.0 | 00:59.9 |
| 200m Freestyle  |  |  | 02:22.1 | 02:18.4 | 02:14.7 | 02:11.3 |
| 400m Freestyle  |  |  | 05:02.3 | 04:51.5 | 04:42.1 | 04:38.0 |
| 100m Backstroke  |  |  | 01:13.3 | 01:13.8 | 01:11.0 | 01:08.6 |
| 200m Backstroke  |  |  | 02:38.6 | 02:35.3 | 02:33.0 | 02:28.6 |
| 100m Breaststroke |  |  | 01:26.5 | 01:23.9 | 01:20.0 | 01:18.3 |
| 200m Breaststroke |  |  | 03:06.1 | 03:00.9 | 02:54.6 | 02:49.1 |
| 100m Butterfly  |  |  | 01:16.2 | 01:13.8 | 01:09.9 | 01:07.8 |
| 200m Butterfly |  |  | 02:52.3 | 02:44.2 | 02:38.2 | 02:35.8 |
| 200m I.M.  |  |  | 02:40.8 | 02:36.9 | 02:31.4 | 02:28.7 |
| 400m I.M.  |  |  | 05:42.2 | 05:30.2 | 05:26.9 | 05:19.8 |

**www.swimhearts.com**